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HALIFAX

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Thursday, May 19, 2011
www.metronews.ca



News worth sharing.



Exploring gay life at sea

► Museum exhibit originated in Liverpool, England ► Halifax is its first North American stop ► Exhibit will remain on display until Nov. 27. ► Many gay sailors in the exhibit talked about a 'sailor-first identity': Museum curator



**JENNIFER
TAPLIN**
@METRONEWS.CA

Author Jo Stanley dove into a drag queen's closet with enthusiasm yesterday, pulling out ball gowns and feather boas.

Stanley, from Halifax, England, led the media on a tour of a new exhibit opening today at the Maritime Museum of the Atlantic. It's called Hello Sailor! Gay Life on the Ocean Wave.

"This little dream I had around 1975 that would be important to talk about gay seafarers really has come up, because suddenly here this subject is being so shared with the world," she said.

The exhibit is based on the book she co-authored on the history of gay British mariners. But before bringing the exhibit to Halifax, two oral-history researchers recorded the stories of five local gay sailors. One of them was Frank Letourneau.

Letourneau was in the navy for 13 years — in the 1960s to '70s — when he was forced to resign.

He said he didn't face any homophobia at sea, but only

Pride Parade

► Another historical first: The Maritime Museum of the Atlantic will have a float in the Halifax Pride Parade this summer.

because he kept his sexuality quiet, and he had tremendous support from his fellow sailors and superiors once it became known.

"They said we know you're gay and we're OK with that," Letourneau said. "But I was up against a regulation that said if you're gay, you can't be in the forces."

The Canadian Forces changed their anti-gay policy in 1992.

Dan Conlin, the museum's curator, said there has been very little resistance to the exhibit.

"One chief petty officer said everybody knew there were gay sailors in the navy and nobody ever talked about it, so hats off to you for being brave enough to explore it."



For more news, visit
metronews.ca/halifax



► Jo Stanley, co-author of the book Hello Sailor! The Hidden History of Gay Life at Sea, poses for a photo with a feather boa yesterday during a media tour of a new travelling exhibit, which looks at gay culture as part of seafaring life at the Maritime Museum of the Atlantic.

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Province scraps development fund

► New fund to be accountable under law, will continue to be overseen by cabinet committee and shared advisory board with Nova Scotia Business Inc.

Premier Darrell Dexter has scrapped a cabinet-controlled business development fund long derided as a political slush fund.

The decision came yesterday, about an hour after auditor general Jacques Lapointe issued a report that revealed the 50-year-old Industrial Expansion Fund had no application system, no documented approval process and relied too heavily on inadequate, secret reports to cabinet.

"These inadequate policies ... and documentation for the (fund) activities represent an inappropriate way to manage public funds," Lapointe wrote in his report.

For too long, the government has been making



► Auditor general Jacques Lapointe waits for the start of a news conference as he released his spring report at One Government Place yesterday.



"We need an arm's length body — a business branch looking at a business model, not a political model."

LIBERAL LEADER STEPHEN MCNEIL

"poorly informed decisions" based on inaccurate or incomplete information and little oversight, the report concluded.

Lapointe also found that some fund files were kept in personal email accounts — a move he described as "risky" — and there was no list of rejected applications.

In 2006-07, the fund was used to offer \$14.8 million in loans and other assistance. By 2010-11, that figure had grown to \$38.6 million under the

Lapointe says:

Jacques Lapointe also said yesterday the province needs to do more to get through a backlog of collision and medical reports that are used to determine whether someone is safe to drive.

New Democrats, who were elected to govern in June 2009.

Yesterday, Dexter said he would wind down the fund, but he quickly followed up by promising to

replace it with a new one by next March.

Despite Lapointe's dissection of the Industrial Expansion Fund, the premier said it was a "critical economic development tool" that was used to maintain and create jobs for tens of thousands of Nova Scotians.

Still, Dexter also recognized the weight of Lapointe's criticism.

"It's clear that a 1950s model for economic development is no longer acceptable," Dexter said.

THE CANADIAN PRESS

Alarm raised over fire marshal's office

The auditor general said the province's fire marshal is compromising public safety by not carrying out required school and building inspections or making sure deficiencies are corrected.

In his spring report, Jacques Lapointe said yesterday the office of the fire marshal has no inventory of buildings that require fire safety inspections.

And the management of the fire marshal's office doesn't know if fire safety inspections have been done or if identified deficiencies have been addressed.

Lapointe found 47 per cent of required inspections last fall were not completed, and there was no evidence that "significant fire safety deficiencies discovered during inspections were corrected."

He also found public schools are not undergoing adequate fire safety inspections because of confusion over whose is responsible.

Labour Minister Marilyn More, who oversees the fire marshal's office, said the province would act on the recommendations.

THE CANADIAN PRESS



► Marilyn More

1

news


Lars Von Trier's guide to Cannes publicity: Nazi quips and musing about Kirsten Dunst in porn.

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On the web

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Dexter hopeful for trade centre, shipbuilding bid

- Irving contract could mean 4,000 new jobs over next 30 years
- Premier likens successful shipbuilding bid to hosting Olympics



JENNIFER
TAPLIN
@METRONEWS.CA

There's hope for the two major business deals pending for Halifax, Premier Darrell Dexter told the Chamber of Commerce yesterday.

Both the convention centre and Irving Shipyards' bid for a federal shipbuilding contract could be major economic drivers for the city.

Dexter said he's written to Prime Minister Stephen Harper since the federal election two weeks ago, urging him to write a \$47-million cheque for the convention centre.

The province and HRM have already committed \$56 million each, and the original deadline for funding commitments set by

"By doing things differently and planning for the future, we will do better."

PREMIER DARRELL DEXTER

the developer has come and gone.

It was again delayed considerably because of the election.

"I believe this is too important a project for Nova Scotia for it to fall to the wayside," Dexter told the chamber crowd in Halifax yesterday.

He also pledged his support for Irving Shipyards' bid for one of two contracts worth a total of \$35 billion.

"I like to tell people being successful in this bid process is the equivalent for our province of hosting the Olympics every year for



► Premier Darrell Dexter speaks at a Halifax Chamber of Commerce luncheon at the Westin Nova Scotian yesterday.

30 straight years," Dexter said.

He also gave a status report on the \$200-million

jobsHere initiative, plus other business-related programs.

"Because the fact is over

the past 20 years, Nova Scotia's economic growth has been lower than any part of Canada," he said.

Accused in sex crime asks for bail

A Dartmouth man facing sex charges in relation to a teenage girl was back in court yesterday asking to be released on bail.

But the CBC reports the Crown is opposing bail for Joseph Emile (Luc) Potvin, 53, with the matter held over until Tuesday.

Potvin, who is facing six sex charges in total, was remanded back to the Central Nova Correctional Facility in Burnside. ● METRO



► Joseph Emile (Luc) Potvin

Jail time for mall assailant

A 20-year-old man has been handed a one-year jail sentence and a year of probation for assaulting a woman in a public washroom at a Halifax shopping mall.

Antron Corey Dann attacked the woman at the Park Lane mall in September 2009 and pleaded guilty to common assault in March. THE CANADIAN PRESS

Cancer Society urges at-home screening

Last year, Ed Branton received something in the mail he says saved his life: A colon cancer screening test.

After his test came back positive, doctors were able to detect a large cancerous polyp and completely remove it, preventing Branton from becoming one of the 340 Nova Scotians who are estimated to die from the

disease in 2011, the Canadian Cancer Society reveals.

The society released its 2011 statistics yesterday with a strong focus on colorectal cancer, the second leading cause of cancer death in Nova Scotia.

Maureen Summers, executive director of the society, said getting screened is paramount in prevention.

"We want to see the engagement of Nova Scotians at a greater percentage because we know early detection saves lives," she said.

Launched in March 2009 and recently available provincially, the Colon Cancer Prevention Program mails at-home screening tests directly to men and women over the age of 50.

Branton, who will be 65 years old next week, had one piece of advice: "Do it."

"For just a few minutes of your day, you could save your life. It did mine."

Summers said the pick-up rate of the at-home screenings is currently about 30 per cent, but hopes that number will rise significantly.

Summers and Branton both stressed even those who consider themselves healthy should still get screened.

"I've never been in hospital, I've never taken and drugs or anything, and I've never had any problems," said Branton.

"All of a sudden this happens. It's quite a shock to your system."

● ALY THOMSON

By the numbers

- Colorectal cancer accounts for 14 per cent of cancers diagnosed in Nova Scotia men, and 12 per cent in women.
- 2,650 Nova Scotians will die from some form of cancer this year.
- An estimated 75,000 deaths from cancer are expected nationally in 2011.

Murder case postponed

A man accused of second-degree murder in the death of a 47-year-old woman appeared briefly in a Bridgewater court yesterday.

James Leroy Leopold of Greenfield was supposed to enter a plea and elect a

method of trial, but the case was set over until June 1.

Laura Lee Robertson disappeared on April 14, and her body was found in woods in Greenfield two weeks later. THE CANADIAN PRESS

Break at the pumps

The price of gas fell 8.1 cents a litre to 124.7 for regular self-service yesterday morning after the Nova Scotia Utilities and Review Board invoked the



interrupter clause to change the price of regular gasoline. ● METRO

Remember to lock your vehicles: Police

Police say at least six unlocked vehicles were entered into on Tuesday evening in Lantz. The incidents all occurred on Robert Scott Drive, the

RCMP say.

The cars were not damaged, but police say valuable items such as iPods and several GPS were stolen. ● METRO

Police. Week



► Cpl. Ron Robinson of the RCMP explosives-disposal unit demonstrates a remote mobile investigator robot outside RCMP headquarters yesterday.

RYAN TAPLIN/METRO

Bombs away!

RCMP have a new weapon in their anti-terrorism arsenal: A bomb-sniffing robot that was introduced as part of Police Week. The robot will be used in tandem with sniffer dogs, screening devices and, of course, good old-fashioned police work.

35% of drunk drivers blew twice the limit

About 35 per cent of people charged with impaired driving in March tested at twice the legal limit, police say.

Halifax Regional Police released impaired-driving statistics yesterday for March and April. In that period, 119 people in total were charged with a criminal offence.

Last month, 62 people were charged, 58 of them for being impaired by alcohol. Of that number, police say at least six were at twice the limit.

In March, 57 people were charged, 55 of them for being under the influence of alcohol. The impaired drivers ranged in age from 19 to 64.

But Haligonians are doing their part to identify drunk drivers and get them off the road, a police release says. Of those charged, 40 were reported to police by concerned citizens. ●METRO

911

In December 2009, MADD Canada and the Province of Nova Scotia launched Campaign 911, which encourages people to call police with information on suspected impaired drivers.

POLICE

New chief for Cape Breton

Peter McIsaac will take the helm as the next police chief of the Cape

Breton Regional Police Service.

During an in-camera meeting of Cape Breton regional council on Monday, a motion was put forward recommending that McIsaac, the force's deputy chief, be appointed chief, effective immediately. Council voted to accept the nomination at

its regular meeting on Tuesday.

McIsaac's appointment follows the death of police chief Myles Burke, 49, who died of natural causes on April 9 while attending meetings in Halifax. Burke appointed McIsaac his deputy shortly after he became chief in 2008.

CAPE BRETON POST

NOTICE: Victoria Day Monday Garbage/Organics/Recyclables Collection & Processing Services

Residents of
Halifax Regional
Municipality are reminded that
regular municipal collection services **will** be
provided on **Victoria Day, Monday, May 23rd, 2011**.
Collection of garbage, organics or recyclables normally
scheduled on Victoria Day, Monday, May 23rd **will occur as usual**.

Residents are reminded that collection services can begin at **7:00 am**.
To ensure collection is not missed, residents may place materials
curbside the evening prior to collection day.

The Otter Lake Waste Processing and Disposal Facility, the two
Composting Facilities and the HRM Recycling Plant at 20 Horseshoe
Lake Drive will be open on Victoria Day, Monday, May 23rd with normal
operating hours.

The Halifax Regional Municipality's residential Household Hazardous
Waste (HHW) Depot will be **OPEN** Saturday, May 21st and Saturday,
May 28th from 9:00 am to 4:00 pm.

Thank you for your cooperation. For more information, contact the
HRM Call Centre at 490-4000.

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WHILE SUPPLIES LAST

News in brief



Bids for royal hat near \$28K

LONDON. Online auctioneer eBay says that bids for Princess Beatrice's massive, ring-and-bow-shaped hat have approached 18,400 pounds (or \$28,000).

The Philip Treacy creation turned heads at the wedding of the princess's cousin, Prince William, last month and has since become an Internet sensation.

THE ASSOCIATED PRESS

Fictional flood warnings

BUDAPEST. Hungary's disaster management agency is testing the country's emergency broadcast system with warnings of severe storms in Middle-earth, the fictional setting of J. R. R. Tolkien's *The Lord of the Rings*.

It chose the land of Hobbits, Orcs and Elves to avoid alarming people.

THE ASSOCIATED PRESS

Ray detector arrives at space station

CAPE CANAVERAL, FLA.

A mammoth cosmic ray detector arrived at the International Space Station yesterday. The priciest cargo carried by a space shuttle will search the invisible universe and help explain how everything came to be.

THE ASSOCIATED PRESS

Winnipeggers engaged on Oprah's last show

► Woman's mom fakes headache so boyfriend can go to show ► Onstage proposal shocks girlfriend

ELISHA DACEY
@METRONEWS.CA

Winnipeg nurse Jenna Steinsvik got the surprise of her life when her firefighter boyfriend Alex Babinsky proposed to her on the last taping of *The Oprah Winfrey Show*.

"I knew he'd do something big because he's like that. He's big in everything he does," Steinsvik said on her cellphone yesterday on the way home to Winnipeg from Chicago. "But, no, I never expected this."

While sitting in the crowd at the United Center, a producer called



► Alex Babinsky proposed to girlfriend Jenna Steinsvik on Oprah's last show.

Babinsky up on stage, much to Steinsvik's shock.

Babinsky called his girlfriend of a couple years to the stage, got down on one knee and proposed with

"Will You Marry Me, Jenna" flashing on the screens around the Center.

In front of a wildly cheering crowd, Steinsvik said yes.

A bold proposal

How to get your girlfriend to marry you in four difficult but awesome steps:

- 1 Luck out and have her win tickets to the taping of the last Oprah show.
- 2 Call Oprah's producers to set up the surprise.
- 3 Have her mom fake a migraine. Take her spot.
- 4 Jump on stage in front of 13,000 and ask.

Steinsvik said she's still stunned — and that, no, the couple hasn't set a date. She isn't sure if the proposal will be aired, but it was taped.

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NEW CABINET

Senate
picks irk
Layton

The prime minister shuffled the deck but not much appears to have changed with the new federal cabinet, Jack Layton said yesterday.

The NDP leader also said he was taken aback by Stephen Harper's decision to appoint three failed Conservative candidates to the Senate.

"That's a slap in the face to Canadian voters — to say that someone who has lost an election a few weeks ago now has the opportunity of becoming a senator. This is an attack against democracy."

Harper named Larry Smith, Fabian Manning and former cabinet minister Josee Verner to the upper chamber. Smith and Manning had quit Senate jobs to run for the Tories, while Verner lost her seat in the NDP run on Quebec.

THE CANADIAN PRESS

Harper unveils his
biggest cabinet ever

SEAN KILPATRICK/THE CANADIAN PRESS



► In one of the biggest moves, political pit bull John Baird becomes the country's top diplomat as foreign affairs minister, replacing Lawrence Cannon.

- PM sticks with familiar faces
- Flaherty, MacKay stay in posts

It's game on for the Conservative majority government as Stephen Harper announced a cabinet yesterday packed with veterans and some new players.

The prime minister added one position to the team, upping its size to 39 — one-third larger than when Harper first took office in 2006, and matching the cabinets of Brian Mulroney and Paul Martin as the biggest ever.

The large roster prompted cries of hypocrisy as Harper's decision to keep a beefed-up bench comes at a time when the government needs to trim billions in government spending to wrestle down

"Any hockey coach will tell you that if a team is going to keep winning over time, it must maintain a corps of veterans and gradually blend in new talent."

PRIME MINISTER STEPHEN HARPER the deficit.

But Harper dismissed the criticism.

"I think it's important to know when you're talking about austerity, that this government has reduced ministerial budgets significantly," he said.

THE CANADIAN PRESS

Exiled Tory
returns
to Ottawa

Maxime Bernier, one of only five Tories elected in Quebec, returns to cabinet in a junior role as minister of state for small business and tourism after a three-year exile. THE CANADIAN PRESS

Not enough
women in
cabinet?

Ten of the 28 women in the 166-member Conservative caucus have made it into cabinet, but critics condemned that as far too few.

THE CANADIAN PRESS

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RAM

Maid in IMF scandal telling truth: Lawyer

► Hotel carpet probed for traces of semen ► Jail suicide watch ► New bail hearing today

The lawyer for the maid who accused International Monetary Fund head Dominique Strauss-Kahn of assaulting her says he has no doubt his client is telling the truth.

"She came from a coun-

try in which poor people had little or no justice, and she's now in a country where the poor have the same rights as do the rich and the powerful," lawyer Jeffrey Shapiro said.

The 32-year-old maid

from Guinea says Strauss-Kahn tried to rape her in the penthouse suite of New York's Sofitel Hotel. Strauss-Kahn remained jailed under a suicide watch yesterday.

Investigators cut out a

piece of penthouse carpet in a search for DNA evidence. They believe the carpet may contain Strauss-Kahn's semen, spat out after forced oral sex.

Meanwhile, Strauss-Kahn, 62, was set for another bail hearing today.

If a judge should deny him bail or impose highly restrictive conditions on his freedom, the IMF would expect him to resign, IMF officials said.

THE ASSOCIATED PRESS

Carney to IMF?

► Calls are emerging for the resignation of IMF head Dominique Strauss-Kahn. Bank of Canada governor Mark Carney is being named as a possible replacement.

SPRING TRAINING EVENT

Sale Dates: Thursday May 19 – Sunday May 29

BASEBALL

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Brazil. March



► Fake blood and a crown of thorns.

ERIALDO PERES/THE ASSOCIATED PRESS

Showing their pain

Demonstrators used ingenuity to make their point at a march against homophobia in Brasilia, Brazil, yesterday. One wore a crown of thorns.



FOR MAY 18TH

Dr Dre ft Eminem & Skylar Grey - I Need A Dr
 The Black Eyed Peas - Just Can't Get Enough
 Jessie J ft B.o.B - Price Tag
 Jennifer Lopez ft Pitbull - On The Floor
 Katy Perry ft Kanye West - E.T.
 David Guetta ft Rihanna - Who's That Chick
 Bruno Mars - Lazy Song
 Classified - That Ain't Classy
 Adele - Rolling In The Deep



1013THEBOUNCE.COM

N.B. Tories hand out pink slips to 20

The government of New Brunswick is laying off about one-sixth of its employees at Business New Brunswick, a department tasked with attracting and retaining businesses in the province.

A government spokesperson says 20 of the department's 118 employees are being let go as the Tory government looks to cut costs and change the department's focus.

The province faces a deficit this year of almost \$450 million and all departments have been told to find savings.

In January, Premier David Alward created a new agency called Invest N.B. to encourage investment. Alward appointed Robert MacLeod to head the agency.

MacLeod is a former president of the provincial Conservative party and challenged Alward for the party leadership in 2008.

THE CANADIAN PRESS.

A bloody powerful statement

► Queen expresses 'deep sympathy' for those who suffered because of Anglo-Irish troubles of the 1900s

Queen Elizabeth II made a strong declaration yesterday night, expressing "deep sympathy" to all who had suffered as a result of the troubled relations between England and Ireland.

She did not apologize for any British actions during the bitter conflicts between the two neighbours but said it is clear mistakes were made.

"To all those who have suffered as a consequence of our troubled past, I extend my sincere thoughts and deep sympathy," she said at a state dinner hosted by Irish President Mary

"With the benefit of historical hindsight we can all see things which we would wish had been done differently."

QUEEN ELIZABETH II

McAleese. "With the benefit of historical hindsight we can all see things which we would wish had been done differently or not at all."

The Queen's visit has been highlighted by memorable scenes of friendship and forgiveness.

Her journey of reconciliation also took her yesterday to the site of a notorious massacre where British troops killed 14 Irish civilians in 1920. The

large sports stadium is a revered spot for Irish nationalists who mourn those who died there during the conflict with Britain.

This was the site of the original Bloody Sunday, a day when British forces opened fire on civilians at a major sporting match between Dublin and Tipperary. It has never been forgotten, but the Queen's visit was seen by some as a step toward healing.

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Advocacy group wants McClown to go

► McDonald's defends mascot against irresponsible marketing accusations

His floppy shoes, painted-on smile and flaming-red hair may be a harder sell to today's kids who are trading in their dolls and trucks for manicures and mobile game apps at ever younger ages.

He also seems out of step with McDonald's Corp.'s new efforts to appeal to adults. The 48-year-old spokes-clown fell flat in new ads this year, according to Ace Metrix, a U.S. group that tracks TV advertising.

And the U.S. government is getting strict on marketing unhealthy food to children. That has both marginalized Ronald as more of a mascot than a product pitchman and landed him in the middle of the bigger debate about food makers' responsibilities in stemming the rise in childhood obesity.

McDonald's says it is proud of the food it offers and that Ronald teaches children to be active.

Critics say it's time to hang up the yellow jumper. A group called Corporate Accountability International plans to ask Ronald to retire at the company's annual meeting today. They say Ronald encourages kids to eat junk food, contributing to a rise in childhood obesity and related diseases such as diabetes.

The group, which campaigned against the Joe Camel cigarette mascot in the 1990s and complained

about Ronald as a role model at McDonald's annual meeting last year, has stepped up its campaign.

It took out full-page ads yesterday in the Chicago Sun-Times, New York Metro and four other papers to call for his head.

The ads, signed by more than 550 health groups and professionals, carry the headline, "Doctors' Orders: Stop Marketing Junk Food To Kids."

THE ASSOCIATED PRESS



► Kids from Ronald McDonald House Toronto celebrate McHappy Day yesterday with founder George Cohon, left, Ronald McDonald and figure skater Patrick Chan.

FUN AND GAMES

Slapping on a new twist to old toys

The NHL playoffs will be over well before summer is underway, but hockey-mad kids can still get their fix during the warmer months.

Toys and games that offer a new take on street shinny were among those featured during the Hot Toys of Summer event held by the Canadian Toy Association yesterday.

The Slip 'N Slide Water Knee Hockey Rink and SlapSHOTZ, which uses hand-held blades and a soft foam ball, were among the activities offering a mod-

ern twist on the traditional game.

Away from the diamond, Triple Hit Baseball from Fisher-Price allows youngsters to test their swing on balls popping out automatically from its base. For those looking to test their acrobatic skills, there were also brightly coloured Spooner Boards on which to try out spins, flips, slides and wobbles.

Laura Wiese of the Canadian Toy Association said the industry will always offer new twists on old classics, which helps bring kids into new areas of play they might not have tried before. And for cost-conscious parents, Wiese said more than 70 per cent of the toys featured yesterday are less than \$30.

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New rules on insurance industry worry CEO

Sun Life Financial's CEO says he has serious concerns about widespread regulatory changes proposed for the life insurance industry.

Donald Stewart says those potential regulations, including the second phase of international financial reporting standards and more stringent capital regulations, could have "significant negative unintended consequences."

Proposed stricter capital requirements could be more onerous in a number of jurisdictions, Stewart warned shareholders at the Toronto-based insurer's annual general meeting.

THE CANADIAN PRESS

Designers joining Fay

Tod's Group says the Italian designing duo Tommaso Aquilano and Roberto Rimondi is taking over the women's line at its Fay fashion brand, worn by such stars as Halle Berry and Sandra Bullock.

The pair most recently were designing for Gianfranco Ferré, where they

landed in 2008. Ferré has recently been purchased by a Dubai fashion group, which had indicated it was looking for a change.

Aquilano and Rimondi will present their first collection in September during Milan's Fashion Week for the spring/summer 2012 season.

THE ASSOCIATED PRESS

Baring... Profits



► Bystanders take snapshots as models pose in front of the Abercrombie and Fitch shop in Paris yesterday.

REMY DE LA MAUVINIÈRE/THE ASSOCIATED PRESS

Ab-ercrombie ripped and ready for Paris

Topless male models posed in front of the Abercrombie and Fitch shop on the Champs-Élysées in Paris as part of a promotion for the opening of the U.S. brand's new shop in France. Abercrombie and Fitch Co., known for pricey clothing, said yesterday that international sales helped push it to a first-quarter net income of \$25 million US. In last year's first quarter, the company had a loss of \$11.8 million.

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
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PRICES AS OF 5:30 P.M. YESTERDAY

KEEP YOUR PANTS ON, IT'S ONLY A RACE

HE SAYS ...

JOHN MAZEROLLE
METRO



That's the only running I'll recommend, though.

Before you get any ideas about "healthy living," keep in mind where the marathon originated: According to Greek legend, passed down by generations of Wikipedia writers, Pheidippides (or "Dippy," as his friends called him) ran from a battle to faraway Marathon, cleverly keeping his bearings by staying to the right of numerous orange traffic cones.

Powered only by steely determination and Gatorade tables every three kilometres, Dippy ran without

stopping because, as classical paintings depicting the event illustrate, he wasn't wearing pants. Arriving in Marathon and conveying his final, brave message to his superiors ("They've taken our pants!"), he collapsed and died.

I can confirm the validity of this Marathon legend, too, because I just ran a half-marathon four days ago and I'm definitely half-dead.

So I speak from experience when I say that if you want to run a long race, you should find some-

thing more fun to do, such as unnecessary dental surgery. The Marathon legend actually understates the difficulties, because it leaves out when Pheidippides skipped beers with his friends on the weekend because he had to train.

My point is that if you take part in a marathon, you are signing up for an event that killed its first participant. It would be like registering for the annual Titanic Ship Race and Iceberg Avoidance Festival.

So I'm begging you not to make the same mistakes I made. I started six years ago, with a full marathon, which is exactly 7,500 kilometres. It was beyond difficult and only with the finish line in sight did I surge ahead, passing a woman in her late 60s who, judging by her facial expression, may not have been entirely aware she was in a race.

So I finished second-to-last, yet I still enjoyed myself and have been referred to since as the Penultimate Warrior — at least when I'm looking in the mirror and no one else is around.

And therein lies the problem with running. Here I am complaining about it, but I CAN'T STOP. It's a gruelling, painful, sometimes demoralizing experience and yet, there's something when you're running that tells you it's one of the best things you've ever done.

And if you start, well, I can't be held responsible for what happens. Keep a close watch on your pants.

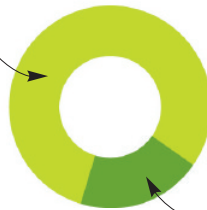
Read more of John Mazerolle's columns at metronews.ca/hesays



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Do you think taking nutrient supplements trumps nutrients from food?

80%
NO, NATURE KNOWS BEST



20%
YES, FOOD IS ALL GENETICALLY MODIFIED THESE DAYS

Worth mentioning

SAO PAULO, Brazil. A 114-year-old Brazilian woman is the world's oldest living human, Guinness World Records said yesterday.

Maria Gomes Valentim attributes her longevity to eating a daily roll of bread for breakfast along with fruit — though she indulges in the occasional nip of wine.

Guinness said Valentim, aged 114 years 313 days, is 48 days older than the person previously considered the world's oldest human, Besse Cooper from Monroe, Ga.

Cooper now holds the title of the oldest living North American.

Guinness verified that Valentim was born July 9, 1896, in Carangola in the southeastern state of Minas Gerais, where she has always lived.

Known as Grandma Quita, Valentim's family says she has a stubborn streak and has always made a habit of minding her own business.

Guinness said it has received several claims for potential "super centenarians" — but none before were ratified because of a lack of evidence or documentation. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder



STEPHEN HARPER UNVEILS HIS CABINET

WEIRD NEWS

An artist in sheep's clothing?

An artist known for his large-scale projects says his proposal to put silvery, luminous fabric panels over the Arkansas River won't hurt bighorn sheep.

The panels in Christo's project would span eight sections along a 64-kilometre stretch of the river between Salida, Colo., and Canon City and require drilling anchors. The project is expected to take two years.

Colorado wildlife commissioners voted to send a letter to the U.S. Bureau of Land Management expressing concerns over how the project would affect the sheep, according to the Pueblo Chieftain.

Christo says protecting wildlife and the environment is important and he will address the concerns that were raised.

His ideas have hit resistance before.

The Gates in New York's Central Park was rejected by three city administrations before Christo's friend Michael Bloomberg was elected mayor. The 7,503 fabric panels of The Gates were installed in 2005 under Bloomberg's tenure.

THE ASSOCIATED PRESS

2
scene

Scene in brief



Canadian chanteuse Celine Dion gives fans a peek into her home and work life in a new TV special that's set to air next month.

Celine: 3 Boys and a New Show is slated for broadcast on OWN: The Oprah Winfrey Network on June 26.

The network says the one-hour special follows the Montreal singing sensation and her family in and around their new home in Las Vegas.

Viewers will see Dion helping son Rene-Charles with his homework, raising her newborn twins and spending time with husband Rene Angelil.

THE CANADIAN PRESS



► Dedicated to the Revolutions is a play expected to draw big crowds for the SuperNova Theatre Festival. It opens on Tuesday.

Plays a plenty at SuperNova Festival

► This is year 18 for the SuperNova Theatre Festival, which will see seven plays take the stage ► Organizers looking to attract audience of all ages

BACKSTAGE PASS

JENNA CONTER
METRO HALIFAX



Scott Burke, artistic producer for Eastern Front Theatre, believes this year's SuperNova Theatre Festival will increase the number of young theatre-goers attending the event.

"There are shows that target those 18 to 35," he says. "That's usually a very

difficult group to get in touch with."

The annual SuperNova Theatre Festival is an opportunity for Atlantic Canadians to see touring productions from around the country, along with local, independent theatre.

Burke travels across Canada compiling a list of productions to showcase in this 12-day festival, which started yesterday at the Neptune Studio Theatre and runs through May 29.

"We try to bring the best of touring theatre from across the country as

well as featuring work from local theatre companies," he said.

With this year's festival focusing on a younger audience, Burke has taken a risk with productions like WeeTube, a play from Vancouver set against a backdrop of YouTube videos.

Along with scouring the country for shows, Burke is sensitive to local theatre companies that would benefit from the festivals notoriety — like the production So ... What about Love.

"We like to collaborate with local shows," Burke says. "Giving them the re-

sources to mount shows that may go on from here."

Christopher Fowler, associate curator of the festival, knows there is a risk in staging such modern theatre.

"They may not adhere as strictly to a traditional narrative form as other theatre that you're used to," he says. "I hope the audiences here are excited about what we're doing and ready to be challenged and ready to really see something new."

For tickets and start times, visit eastern-fronttheatre.com.

Tattoo Festival

► **Bagpipes.** The fifth annual Maritime Tattoo Festival (ink, not bagpipes) is happening this weekend at the Halifax Forum Multipurpose Centre. Amber Thorpe, festival producer and owner of Adept Tattoos, started the festival to teach our region about tattooing safety, and display the work of talented artists in our area. "I thought it would be fun to have a weekend of collaboration and learning and displaying all of our artwork," she says. For more information, visit maritimetattoofestival.com.

Green says he has no plans of leaving Alexisonfire

Dallas Green says that despite his burgeoning solo career, he still sees himself returning to sing for Alexisonfire eventually.

"Yeah, I mean, that's kind of always how we've been," Green said Tuesday during an interview.

"(It's) just sort of back

and forth, and we all take breaks and do our own thing, and sort of revisit (Alexisonfire). And as long as the ideas are there, then we'll continue, you know?"

Green is set to release Little Hell — his third album under the name City and Colour — on June 7.

Each of his first two solo records were certified platinum in Canada, and Green now appears poised for an international breakthrough as well. He just recently headlined a gig at London's storied Royal Albert Hall and has been included in the lineup for several major

U.S. summer festivals, including Lollapalooza, Austin City Limits and the Sasquatch Festival.

Alexisonfire's last album was 2009's gold-selling Old Crows/Young Cardinals.

Green says he's still committed to continuing to sing for Alexisonfire, but does he

foresee a time when he'll have to put the project aside to focus on his solo work?

"I don't know," he responds. "I guess I just can't really say what the future holds. Now is now, and that's where I am."

THE CANADIAN PRESS



A man, a van, an idea: Cannes in a Van parks indie film on the French Riviera
Scan code for story.

Brown rakes in BET Award nominations

► R&B singer gets six nods, while rapper Lil Wayne earns five of his own

Last year at the BET Awards, Chris Brown performed an emotional tribute to Michael Jackson. It marked the beginning of a comeback for the embattled pop star.

This year, Brown is the top contender at the award show with six nominations.

Brown is up for best male R&B artist, viewer's choice and video of the year for Look at Me Now. He's nominated twice in the best collaboration category for his No. 1 R&B hits Deuces, featuring Tyga and Kevin McCall, and Look at Me Now, with Busta Rhymes and Lil Wayne. Brown is also nominated for best actor for his role in the heist thriller Takers.

Lil Wayne follows Brown with five nominations. Three of Lil Wayne's nominations come from his guest appearance on Brown's Look at Me Now; Lil Wayne is also up for best male hip-hop artist and viewer's choice for 6 Foot 7 Foot.

Kanye West, Drake and Rihanna are up for four awards each.



► Chris Brown leads the pack with six BET Award nominations.

Other nominees for video of the year include Willow Smith's Whip My Hair, West's Runaway, B.o.B's Airplanes, Keri Hilson's Pretty Girl Rock and Marsha Ambrosius'

Far Away. Willow is also up for best new artist and the YoungStars award. Nicki Minaj, Bruno Mars, Trey Songz, Cee Lo Green and B.o.B also received multiple nominations.

Alicia Keys will perform and comedian Kevin Hart will host the award show. It airs live on June 26 from the Shrine Auditorium in Los Angeles.

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EAST HANTS, JUNE 10 Enfield/Elmsdale District Lions Club	DARTMOUTH, JUNE 24 CFB Shearwater

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Combat Hospital set to debut in June

Combat Hospital, a TV drama inspired by a medical unit in Afghanistan, is set to launch June 21 on Global.

The network's summer lineup, announced yesterday, also includes the return of the Toronto-set cop show Rookie Blue on June 23, an encore presentation of The Kennedys miniseries on July 4 and the launch of the new reality series Canada Sings on Aug. 10.

Combat Hospital, formerly called The Hot Zone, tells stories of doctors and nurses from Canada, the U.S. and the U.K., and stars Elias Koteas (The Curious Case of Benjamin Button) and Michelle Borth

(Hawaii Five-0). It's currently shooting in Toronto.

Canada Sings pits workplace glee clubs against one another and features a judging panel that includes singer Jann Arden, Pierre Bouvier of Simple Plan and Rob Van Winkle, also known as Vanilla Ice.

Global's lineup also features the return of Wipeout on June 21 and a new season of Big Brother beginning July 7.

Coming to the network's daytime schedule is The Talk, a chat show which will feature Leah Remini (King of Queens), Sara Gilbert (Roseanne) and Sharon Osbourne (America's Got Talent).

THE CANADIAN PRESS

'Big swings' in store for ABC next season

► Network expanding comedies, gearing up to introduce 13 new series

Fairy tale figures, 1960s era stewardesses and men who dress up as women to get a job are featured in 13 new television series that ABC is introducing next season, along with proven performers Tim Allen and Charlie's Angels.

With familiar hits like Grey's Anatomy and Desperate Housewives aging, new ABC Entertainment President Paul Lee said he looked for a mix of ambition and comfort in the first new season schedule he presented to advertisers on Tuesday.

"I think we have a lot of big swings," Lee said.

Sunday may be his boldest step. Lee shifted Extreme Makeover: Home Edition to Fridays to present three dramas that all inhabit unique worlds. Two are new and Desperate Housewives is returning.

Once Upon a Time will draw comparisons to Lost with its mixture of real and imaginary worlds, and is from two producers who worked on that series. The new one is based on a 10-year-old boy who believes



► Ty Pennington is the host of Extreme Makeover: Home Edition, which will air Fridays on ABC next season.

his mother is Snow White and Prince Charming's missing daughter.

Pan Am evokes Mad Men as a sexy throwback to the 1960s, with stewardesses and pilots replacing ad executives.

ABC is looking to Allen

to open a new night of comedy on Tuesdays. The former Home Improvement star hawks sporting goods this time instead of tools, but in Last Man Standing he struggles for his footing in a home full of women with his wife and three daughters.

Remember TGIF?

With the switch of Extreme Makeover: Home Edition to Fridays, paired with Shark Tank, ABC hopes to establish that as a family night of television — hearkening back to the network's old TGIF concept.

ters.

The Dancing With the Stars results show will air on Tuesdays, but between cycles of that competition ABC will air four comedies on Tuesday evenings. They will include the existing Cougar Town, which won't reappear until midseason.

Two men who dress up as women to get jobs as pharmaceutical reps are the focus of the comedy Work It, which doesn't appear until midseason. Lee called the rock-'em, sock-'em action "pure candy."

The remake of Charlie's Angels is scheduled for Thursday nights, with Minnie Driver, Rachael Taylor and Annie Ilonczeh as the stars.

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by JUSTIN CRONIN

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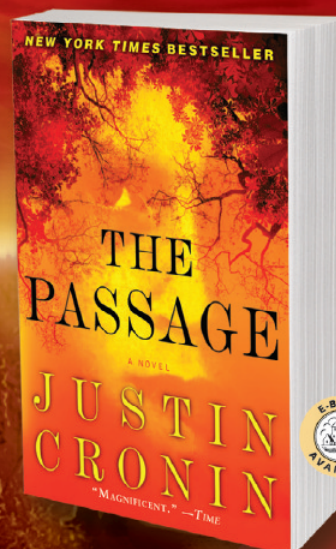
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Final farewells

► Hollywood's biggest stars, 13,000 fans come to Chicago to say goodbye to Oprah

Oprah Winfrey wiped away tears as celebrity after celebrity surprised her during a farewell double-episode taping of The Oprah Winfrey Show that will precede her finale.

"Thank you is not enough, but thank you," Winfrey told the crowd of 13,000 gathered at Chicago's United Center on Tuesday night for Surprise Oprah! A Farewell Spectacular. "For your love and your support, thank you."

The crowd gave Winfrey a standing ovation when she first walked on the stage. Then the stars came out, with Winfrey's producers making good on their promise of the biggest celebrities of movies, music and television.

Aretha Franklin sang Amazing Grace. Tom Hanks acted as host for the evening. Michael Jordan, who led the Chicago Bulls to six NBA championships during the 1990s, told Winfrey she inspires him.

Tom Cruise, famous for his couch jumping on Winfrey's show, was there. Jerry Seinfeld wore a tuxedo to give a comedy routine. And Madonna said she is among the millions of people who

"It really does amaze me that I get to be around a woman who changes people's lives every day and who also takes her own lunch to work."

STEDMAN GRAHAM, OPRAH WINFREY LONGTIME PARTNER

are inspired by Winfrey.

"She fights for things she believes in, even if it makes her unpopular," Madonna said.

Winfrey announced in November 2009 that she would end her popular talk show after 25 years. Tuesday's taping will air May 23 and 24, before Winfrey's final show on May 25.

"You always had the power, and that is the message you brought into our lives," Cruise told Winfrey.

The show highlighted Winfrey's charity efforts over the years. About 300 Morehouse College scholarship students walked along the United Center aisles as Kristen Chenoweth sang For Good from the musical Wicked. Grammy winner John Legend was beamed in from a New Orleans school and Winfrey's book club was lauded for getting millions to read.

Josh Groban and Patti LaBelle sang Somewhere Over the Rainbow as Winfrey sat

in a white chair onstage.

Jamie Foxx and Stevie Wonder sang Isn't She Lovely to Winfrey. Wonder followed with his own song, singing to her, "Oprah thank you for using your gifts to uplift so many hearts."

Simon Cowell made an appearance; Rosie O'Donnell sang a Broadway-style song. **THE ASSOCIATED PRESS**



► Madonna, right, hugs Oprah Winfrey as she appears during a star-studded double-taping of Surprise Oprah! A Farewell Spectacular.

More stars galore

- The taping of the second show began with Will Smith and his wife, Jada Pinkett Smith, who thanked Winfrey and told her she mothered millions and "that puts you in the status of a goddess."
- Actresses Halle Berry, Queen Latifah, Katie Holmes and Dakota Fanning all appeared, along with newswoman Diane Sawyer.
- Beyoncé sang her song Run the World (Girls) backed by dozens of dancers.
- "Oprah Winfrey, because of you women everywhere have graduated to a new level of understanding of who we are, of what we are and most of all who we can be," Beyoncé said.



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'I've got to do something different': Baldwin

In a recent episode of 30 Rock, Alec Baldwin's character, Jack Donaghy, went through a kind of midlife crises, splitting into four alternate versions of his self.

One, "sideways Jack," chastised Donaghy for allowing an intended six-month stop in TV to turn into five years, leaving him stalled and no longer a "shark."

"You don't even know what a shark is anymore!" exclaimed the alternate Donaghy.

The episode played artfully with Baldwin's own career ambitions, which didn't include sitcom stardom until Tina Fey's 30 Rock came along.

Now, though, Baldwin is

contemplating his exit from 30 Rock. He has one season left on his contract with NBC and has said he will leave at that point.

"That's pretty much all I think about right now," said Baldwin in a recent interview.

"To finish the show, I'm going to do this year then start thinking about what I want to do next. It's the big question. It's been a great experience, and I've loved doing the show. It changed my life. I'll never have it this good again, I know that. But I know that I've got to do something different, try something different. I don't know what that's going to be."

This summer, Baldwin



► 30 Rock's Alec Baldwin has one season left on his contract with NBC and has said he will leave at that point.

No politics

- Alec Baldwin has an interest in politics and regularly blogs for the Huffington Post. But because the top New York State offices are safe Democratic seats, he doesn't want to run for office in his home state.
- "It would be easier for me to run if I moved — California or Connecticut or somewhere. And I'm not prepared to do that right now," he says.

will be shooting Woody Allen's next film, to be shot in Rome, as well as the big screen adaptation of the Broadway musical Rock of

Ages and the indie drama Hick. Though Baldwin, 53, worked primarily in movies before 30 Rock and has since worked in such films as 2009's It's Complicated, he says he won't necessarily return to that path.

"When I go back into the world to go to work, I don't know how likely I would be to (make movies). This is something I can't answer now," says Baldwin.

"But if I want to do something after that, I don't know if that would be another series on television — I doubt I would do that. Just to go to work, maybe I would do films again. But it's difficult because films are hard."

THE ASSOCIATED PRESS

New chapter for Gomez

► With *Wizards of Waverly Place* wrapping up, star in period of transition

Teen star Selena Gomez says she shed quite a few tears over the weekend as she shot the last scenes for her hit TV show *Wizards of Waverly Place*.

"It was bittersweet. ... I obviously cried a lot," Gomez said in a telephone interview Monday from Los Angeles. "It was really, really hard."

Gomez became a star playing Alex Russo on the Disney Channel smash about three siblings who are training to be wizards in New York City.

Over the weekend, she tweeted a photo of herself arm-in-arm with co-stars David Henrie (Justin Russo) and Jake T. Austin (Max Russo) heading to set for the last time.

"They called us to set and normally they call us separately ... that morning

MMVAs

► On June 19, Gomez will host the MuchMusic Video Awards in Toronto, where Lady Gaga, the Black Keys, Avril Lavigne and Bruno Mars are scheduled to perform.

► She'll follow in the footsteps of other former

they're like, we want to bring you all in together," said Gomez. "I just held on to them. It was really depressing."

Gomez said the cast had a party Sunday where they danced, watched a blooper reel and said their good-byes.

She even received a special souvenir.

"I took my wand that I've cast my spells (with) for

Disney stars who took on MMVAs hosting duties, including the Jonas Brothers and Miley Cyrus.

► The singer/actress says she became a fan of MuchMusic while shooting two movies in Toronto and was flattered to be asked to participate in this year's street bash.

the last four years," Gomez said. "It's in a little box in a frame, so hopefully I'll be able to hang it up in my house ... they gave it to my brothers and I."

On Monday morning, the reality of her post-Wizards life was beginning to sink in.

"It's very weird to know that I won't have my dressing room to go back to tomorrow morning," said the

18-year-old Texas native.

"It's kind of strange. But I'm ready, I think."

In the summer her latest Selena Gomez and the Scene album, *Otherside*, will drop and the singer will head out on her first tour. As well, the star's latest movie *Monte Carlo* — co-starring Cory Monteith of *Glee* fame — is due to hit theatres July 1.

Gomez said she wants to continue to make music and movies, but feels like she has something to prove on the acting side now that *Wizards* is behind her.

"I feel as if I have to gain credit with new audiences," she said.

Season 4 episodes of *Wizards* are airing on Family Channel. The network is planning a Selena Gomez marathon on June 15.

THE CANADIAN PRESS



► Selena Gomez



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"family time"

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Available at
Walmart



Mother of Arnold's love child revealed

► Housekeeper believed to be his other woman ► Kid could be a teenager

The former employee who had a child with Arnold Schwarzenegger has reportedly been identified as housekeeper Mildred Baena, according to Radar Online and Star magazine.

"She's the one," a source confirms.

Baena reportedly worked for Schwarzenegger and estranged wife Maria Shriver for 20 years before retiring in January.

The child in question is believed to be around 14 years old. Schwarzenegger's youngest child with Shriver is 13.

Arnold and Shriver recently announced their divorce.

● METRO



► Arnold Schwarzenegger

ALL PHOTOS GETTY IMAGES

Talking points

Penelope Cruz wants to hide son from press

UGLY BABY? Penelope Cruz is hoping to keep her newborn son, Leonardo, as far from the limelight as she and husband Javier Bardem can, she tells Vogue.

"I want my son — and my kids if I have more — to grow up in a way that is as anonymous as possible," Cruz explains. "The fact that his father and I have chosen to do the work that we do, doesn't give anybody the right to invade our privacy."

● METRO



Celebrity tweets



"Cannes :) so peaceful here! Beautiful and chill. Gonna work now though.. And Later the premier of Jodie Fosters new film"

@BarRefaeli



@PSchwarzenegger

"some days you feel like s---, some days you want to quit and just be normal for a bit, yet i love my family till death do us apart."

@SteveMartinToGo



"Spanish Conquistadors have just claimed my lawn for Spain. Though haven't worn this chest plate in ages, THIS WILL NOT STAND."



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Michelle's Nova Scotia

Hi! I'm Michelle from Dartmouth. Planning a vacation? There are hundreds of festivals and events to choose from in Nova Scotia. Visit novascotia.com for a full list, but here are a few that are coming up soon. Hope to see you there.

So when are you coming?

NOVA SCOTIA.COM

Shaped by the Sea

Visit novascotia.com for a full list of festivals & events.

Scotiabank Blue Nose Marathon
Halifax, May 20-22

Annapolis Valley Apple Blossom Festival
Kentville, May 25-30

Shelburne County Lobster Festival
Shelburne, June 2-5

Cape Breton Air Show
Sydney, June 3-5

Yarmouth 250 Rhubarb Festival
Yarmouth, June 9

Halifax Greek Fest
Halifax, June 9-12

3
lifeBeauty
pickLip balms that
won't stick

It's officially time to swap out the sticky lip glosses for lighter lip treatments that won't melt on the beach. Fresh's lip balm gives the most subtle wash of color along with natural, hydrating ingredients.

● KENYA HUNT

FRESH

Sugar Honey Tinted
Lip Treatment
\$23, sephora.com



Fashion designers often live the jet-set life they love to mimic on their runways.

Mastering
tonal dressing

► Shake things up for summer by ditching the black and experimenting with lighter, summery neutrals instead. ► Here's how.

An outfit of head-to-toe black may be practical for city living, but it can also be a predictable snore. If you're prone to monochromatic dressing, try changing up the shade for a little variety.

This tonal look that we spotted on Isabella Viscam is a light and fresh take on the urban uniform. The key to pulling this off is playing with the subtle varieties in shades of tan and beige. ● KENYA HUNT

Remix
her style

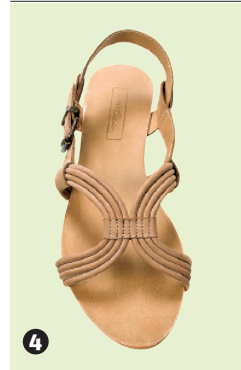
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6

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denim jacket
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2 MARY SOL

tote
\$100, shopbop.com

3 ASOS

skinny trousers
\$54, asos.com

4 ZARA

flat sandal
\$50, zara.com

5 MANGO

blouse
\$80, mango.com

6 J. CREW

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We love an in-salon colour treatment as much as the next girl, but could do without the fumes that go with it. L'Oréal Professionnel hears our pleas and launches INO A, an ammonia-free, odourless system that lets you lighten, darken or just cover greys. From \$40; inoa.ca

Work of Art

Add a bit of bling to your updo with gem-encrusted pins. For a hint of shimmer, use one or two. To fake a statement piece, cluster several pins together. Bobby Pins, \$20/pair, bananarepublic.com

THEKIT.CA IS LIKE HAVING YOUR OWN PERSONAL HAIRSTYLIST, MAKEUP ARTIST AND DERMATOLOGIST—ALL ROLLED INTO ONE.

Men's grooming

Sealed lips

Feeling parched? Malin & Goetz's lip moisturizer features an intimidating sounding hydrogenated polyisobutene fatty acid hydration technology that does a really nice job of hydrating thirsty lips. Best of all chaps, this neat little tube of shine-free, scentless cream won't be mistaken for your girlfriend's lipgloss.

● RICHARD PECKETT



MALIN & GOETZ

\$12, malinandgoetz.com

Young Marathoner Of The Day



Athanasia (Sia) Mastrodimitropoulos

From Halifax, Sia is eight years old and is training for the Doctors Nova Scotia Youth Run at the Scotiabank Blue Nose Marathon on Saturday.

This is Sia's second year participating in the event.

Good luck Sia!

To see other Young Marathoners of the Day, watch CBC News Nova Scotia at 5 or check out tomorrow's paper!



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I'm cleaning out my closet

► If the shoes — or jacket or jeans — don't fit, don't give them any real estate in your current collection

Any way you hang it, that strong-shouldered jacket from the 1980s is never going to quite look like the '80s-inspired jackets popular now. Same goes for the '70s maxi and slinky disco-style dresses.

That means the time has likely come to get rid of them.

Think of this as a time to clear your closet — cleaning and updating in one fell swoop — by strategically paring down your wardrobe, making a few new additions and finding shelf space for those items that truly are timeless.

Even something as simple as knit leggings, a staple now, were a fashion "don't" a decade ago. They could go into hibernation again. And, chances are, anyone who kept their stirrups from the Culture Club-era still can't make those look modern.

Adam Glassman, fashion director at O, The Oprah Magazine, says anything you haven't worn in two years should be booted from the valuable closet real estate. He used to say one year, he explains, but he is allowing for a little more flexibility in size fluctuation, popular colours and immediate trends.

After that, though, the items — unless they're expensive, top-tier designer pieces in beautiful fabrics with precision cuts — should go. It's romantic to think that other items, even pricey ones, could wear that "vintage" label someday, but, in reality, few things do.

"Very high-end stuff, like (French design label) Balmain, you can save that because, eventually, it could be a collector's item. I have friends who hold on to Prada like that," says Glassman. "But that's a small percentage of what's



► Melanie Facitelli of Clos-ette has found that people have a harder time letting go of accessories than clothing.

Pretty put-aways

How to store the sentimental items:

- Professional closet designer and organizer Melanie Fascitelli says to put clean items in breathable garment bags, which limit discolouration, and throw in lavender sachets, which act as an antiseptic and bug repellent.
- Fascitelli also created the Clos-ette Too line of storage products. Store these bags in a humidity-controlled location.

out there. You don't need to save H&M, Gap, Zara."

Most closets are cluttered with stuff that hasn't seen the light of day in a very long time, says Jackie Conlin, a personal style consultant in San Francisco. "Timeless pieces are real gems," she says. "I like the idea of timelessness, but the way things change

so rapidly, a look is going to change and your look is going to change."

She advises a "classic wardrobe with punches of personality," including a trench coat that, if it's not a Burberry, is made in the brand's spirit, in a neutral colour, and a tailored and trim silhouette; pencil skirts and pencil black pants; and shift and sheath dresses.

Conlin puts a white blouse or man-tailored button-down on the list, but Glassman warns that those can be tricky to keep because, even protected in the closet, they'll yellow over time.

They do agree that keeping traditional handbags, clutches and totes, for instance, and high-heel pumps (probably just the round-toe ones) makes sense as long as they're in good condition. Heavily embellished accessories, however, might be perfect donations for a little girl's dress-up box.

THE ASSOCIATED PRESS

Fixing those home flaws

► A few simple tricks can help you decorate around the undesirables in your apartment or condo

DESIGN CENTRE



KARL LOHNES
HOME@
METRONEWS.CA

It seems that these days there are many things added or included in condos that we never see in the floor plans or models suites when making the decision to purchase or rent.

Surprise bulkheads, oversized air intakes, oddly divided windows and unattractive sliding closet doors are just a few.

I've lived in many rental apartments and owned a few condos in my day that gave me surprises as such.

Here's a few decorator touches you can do to make your place feel up to par with your urban lifestyle.



CONTRIBUTED

Bulkheads

The rule of decor is to paint the bulkheads the same colour as the walls below.

This will make your ceiling appear taller and blend the bulkhead into the room's decor.

If you have a bulkhead that runs over the bed wall then choose a lower style headboard as the visual drop of the bulk will create area to begin with.

When placing bookcases on a bulkhead wall remember to keep them lower than taller and hang your artwork a few inches lower than normal to create a taller distance between the top of art and the low bulk.



CONTRIBUTED

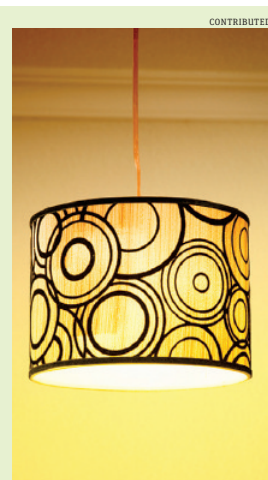
Sliding closet doors

Cheap doors can be painted the same colour as the walls or wallpapered.

By painting them the same colour as the walls you will make your room appear larger by showing more wall colour.

Wallpapering outdated faux woodgrain doors is a great way to add a punch of colour or pattern to your space.

You can exchange the old doors with new ones; mirrored doors will help open up the space and reflect more natural light, while custom sliders can add architectural flair to a boring or boxy room.



CONTRIBUTED

Cheap light fixtures

Take down and exchange outdated or cheap builder/landlord lighting.

Adding character lighting to your space is one of the best ways to get a custom look.

Remember to have them professionally removed and exchanged so to meet all building electrical codes and keep old light fixtures to replace when you move out.

Be dramatic with the new ones you choose or be practical; track-style lighting adds drama and a modern-style ceiling fan in the bedroom are practical choices that can look much better than what you moved into.



CONTRIBUTED

Wall-hung air control units

Usually positioned in the middle of the wall, they can offset the centre of the wall when positioning artwork.

The best trick to incorporate a wall of many small pieces of framed art (think a wall of family photos) where the climate control box can sit uncovered without standing out too much.

For an upgrade, you can also replace the box with more attractive-looking ones.

You'll find them in the special order section of the home building stores.

Want to lower energy costs? Consider an R-2000 home



SHERRY DONOVAN
METRO HALIFAX
LIFE@METRONEWS.CA

With a new home comes the need to make a variety of decisions and one in particular that is of great concern to homeowners is energy efficiency.

And the answer to this is simple: R-2000.

For the next three weekends until June 5, every Saturday and Sun-

day, the Nova Scotia Home Builders' Association (NSHBA) will have over 20 R-2000 homes on display throughout HRM, East Hants, Head of Chezzetcook and Antigonish, to provide the consumers a chance to view for themselves what the benefits of R-2000 living include and why choosing an R-2000 is the answer for their next home.

"R-2000 construction provides great value for

homeowners and the Showcase of Homes provides us with an opportunity to show consumers what the value includes," says Paul Pettipas, NSHBA chief executive officer.

"Being able to see for yourself how things work and why items are important to how an R-2000 home works makes it easier when it comes time to make decisions as well."

Lower energy costs are one benefit of an R-2000

home, but they also provide greater comfort due to reduced air leaks and drafts and better indoor air quality than conventionally built homes.

As a system of building, every part of an R-2000 home is taken into consideration during the construction process — from the building envelope to the choice of low VOC (volatile organic compound) interior paints.

There is a need for con-

sistency in the construction technology to ensure the R-2000 standards are maintained so these homes can only be built by certified R-2000 builders who have taken the specific training courses.

Each R-2000 home includes a pre-drywall test, a final air tightness test, a certain pick list of product requirements, a minimum EnerGuide rating of 80 and an air tightness

rating of no higher than 1.5 air changes per hour.

If you are thinking about a new house, make sure you visit the R-2000 Showcase of Homes until June 5.

Information on house locations and directions is available on the NSHBA website at nshomebuilders.ca.

SHERRY DONOVAN IS COMMUNICATIONS DIRECTOR WITH THE NOVA SCOTIA HOME BUILDERS ASSOCIATION.



LEE REICH/THE ASSOCIATED PRESS

► Dame's rocket has a lot going for it. Besides being pretty and scented, the flowers bloom for weeks and weeks.

Scented dame's are intoxicating

- In the wild or in a garden, pretty
- Scented dame's rocket has power

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Centrally located near Dartmouth Crossing, Mic Mac Mall and only minutes from the bridge, this development includes over 120 residential home lots.

All homes are certified R-2000 and include Natural Gas hook-ups for heating, fireplace, range, barbeque and dryer. The subdivision also utilizes underground power from the road to the home. All homes are custom designed and built to meet each individual owner specific needs.

This "Green" subdivision incorporates environmentally friendly products and features including: low toxicity glues and adhesives, low emission paints and sealants, Low E/Argon windows, insulated sheathing, insulated basement slab, low flow toilets and faucets, recycled attic insulation, TechReady structural wiring, etc. Home owners can also choose from such items as: waste water heat recovery systems, solar hot water, ICF wall construction, heat pumps, PET carpets (made from recycled pop bottles) and Trex decking.



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Getting started

There are a few ways to get dame's rocket into your flower garden.

- **Buy them** Plants or seeds are sometimes available commercially. If you ever do come across plants of one of those double-flowered dame's rockets, the way to multiply them is by taking cuttings.
- **Find them** Wild plants obviously make abundant seed every year, so why not mark a few outstanding plants and collect seed from them?
- **Transplant** Another possible way to get started with dame's rocket is to transplant just a few wild plants into the garden, then coddle them for a couple of weeks with water and extra shade until roots settle.

even tolerate dry shade, with some sacrifice to how long they bloom. And pests? None to speak of.

Dame's rocket was once a popular garden plant.

Perhaps it is now so rarely cultivated because it is so abundant in the wild. Also, dame's rocket is a biennial: Individual plants grow leaves their first year, flower the second, then die. What nursery would sell a plant almost guaranteed to die at the end of its second year?

Being a biennial should not discredit dame's rocket, though, because it is also self-seeding. A planting eventually develops an on-going population. The only glitch is if you start with dame's rockets having double flowers.

Seedlings of these double-flowered sorts revert to single forms, so your planting would flower every year, but the flowers would eventually all be single.

THE ASSOCIATED PRESS

Dame's rocket is now blanketing the dappled shade of woodlands and roadsides with its white, mauve or purple flowers. Its sweet scent is especially pervasive on late spring and early summer evenings.

You might think dame's rocket (*Hesperis matronalis*) is a native plant; it can be seen, after all, in Quebec, in Georgia, in almost any state. But dame's rocket is a native of Europe and western Asia that early on was cultivated in American gardens, then escaped to find a happy home in the wilds of eastern North America.

FAMILY ASSOCIATIONS

Dame's rocket also might be mistaken for phlox. Both have sweetly scented flowers in similar shapes and colours, and the flowers of both plants are held clustered atop 60- or 90-centimetre-high stalks. Look more closely, though, and you'll find that phlox flower parts are in fives. Dame's rocket, in contrast, has four petals. And they are in the shape of a cross, which is a giveaway for members of the cabbage family.

That cabbage association is how the "rocket" got into the name. Many cabbage relatives have this in their name; it's derived from the Latin "eruca" for cabbage-like plants. The now familiar vegetable arugula — also cabbage kin — has also been called rucola or rocket. And if you think it odd that a relative of cabbage should have a sweet scent, take a whiff of sweet alyssum.

AN OLD-FASHIONED FLOWER

Dame's rocket has a lot going for it. Besides being pretty and scented, the flowers bloom for weeks. Judging from where the plants have happily settled, they obviously tolerate cold and shade. They

High-end renos without high prices

► Affordable suggestions to make your kitchen, bathroom or living room look fresh and brand new



ASTRID
VAN DEN BROEK
LIFE@METRONEWS.CA

You'd love to incorporate the boutique look in your upstairs bathroom, or streamline the look of your living room or your kitchen, but you don't exactly have the budget for

IN THE KITCHEN

CUPBOARDS

White creates a timeless kitchen look, suggests Lohnes. If your cupboards are in good shape, think about just re-facing the cupboard doors. "So that's not sanding down your doors — it's just getting new doors for your cupboards," says Turco. Also install new cabinet hardware — think inexpensive steel knobs for doors and pulls on.



► White: simple, classic.

FLOORS AND WALLS

Laminate has come a long way baby. "Get a more luxurious look with quality laminate flooring, maybe the look of wood, which could be a high-end look for

a full-scale renovation. Not to worry. We talked to Karl Lohnes, Metro's Décor Moment columnist, and Frank Turco, the Toronto-based senior manager of trend and design for Home Depot Canada, to find easy ways to get high-end looks for much, much less.

most kitchens, or a laminate that looks like stone," suggests Lohnes. Then freshen up your walls with colours such as teal, turquoise or the new neutral — grey, adds Turco.

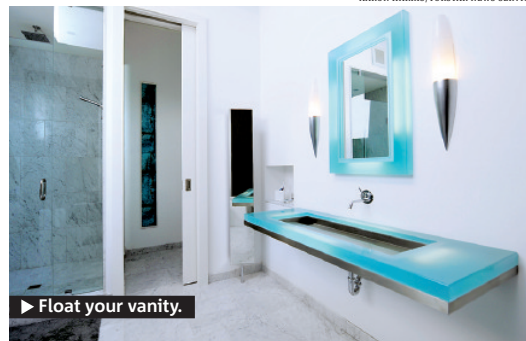
COUNTERTOPS

Swap out your counter for a laminate one with the look of white cararra or French marble. For a modern look, pick counters with squared-off edges and skip the curved return on the back.

RON ALBERTSON/TORSTAR NEWS SERVICE

lighting such as an outdoor stainless steel pendant in your kitchen?

"It gives a more industrial look and it's also less expensive than an interior light source," says Lohnes.



► Float your vanity.

IN THE BATHROOM

SHOWER/TUB

Can't afford a new tub? Then hide yours. "Hang your shower rod at ceiling height and then put a floor-to-ceiling curtain on it. It gives you a wall of fabric and makes it feel more like a powder room," says Lohnes. "You can buy curtains long now or get some standard drapery and put a liner behind it."

MIRRORS

Replace your plate glass mirror with a tall vertical mirror.

"Then put your light fixture on top of that and you create almost a focal point," says Lohnes. Or buy a mirror framed by a mirror. "It's a cool look and can dress up a bathroom," says Turco.

WALLS AND FLOORS

"You can buy tiled walls now, mosaic glass tiles on a big sheet so it's easy for a consumer to install. And there are mosaic glass tile sheets that look really good," says Lohnes.

AARON HARRIS/TORSTAR NEWS SERVICE



► Add a little accent lighting.

your mouldings the same colour as your walls.

adding some ambient lighting," says Turco.

LIGHTING

Cut back on your pot lighting if you're looking to change your lights. Use them in a corner, simply to brighten something on a wall. "Don't use them all over the room like a football field." Instead, introduce select lighting. Drum-shaped pendants are "a great way of

FLOORS

Get creative when replacing your carpeting. Tile carpeting is eco-friendly, and "you can just cut out one tile to replace it if an area gets worn or stained," says Lohnes. Hate carpeting? "Laminate flooring could work in a living room because there's no moisture," says Turco.

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Basement bounty: Converting to rental space

► Making your home a money maker can be stressful ► Keep these helpful hints in mind to add value

Basements can add great value to a home — especially when converted into a rental unit. Turning your basement into a rental unit can be a relatively easy and cost-effective way to increase property value and generate extra income.

There are a few simple steps to take to ensure your basement is comfortable for potential renters, which includes an adequate amount of insulation.

"With the cost of living steadily rising, converting an unfinished basement into a rental unit is a great option for additional income," says David Flood, insulation expert for Owens Corning. "Installing adequate insulation will help regulate temperature, keep your home energy efficient and provide a comfortable living space for your future tenants."

Start your basement renovation project today to

convert your unfinished basement into a useable rental unit.

For more information on home renovations, visit owenscorning.ca.

NEWS CANADA

Helpful hints

To start your basement renovation project, first install foam insulation panels and insulation batts. In addition to installing proper insulation, here are some other important tips to keep in mind as you get started on your basement conversion.

► Throughout the conversion process, have a city inspector view the unit to ensure that it passes code.

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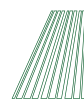
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An adventurous take on steak

► These marinated Steak Strips with Gorgonzola Sauce take 20 minutes to prep and just six minutes to grill

These steak strips are one of more than 200 recipes for adventurous grillers in Weber's Time to Grill. The recipes are created to save time without sacrificing an ounce of flavour.

Preparation:

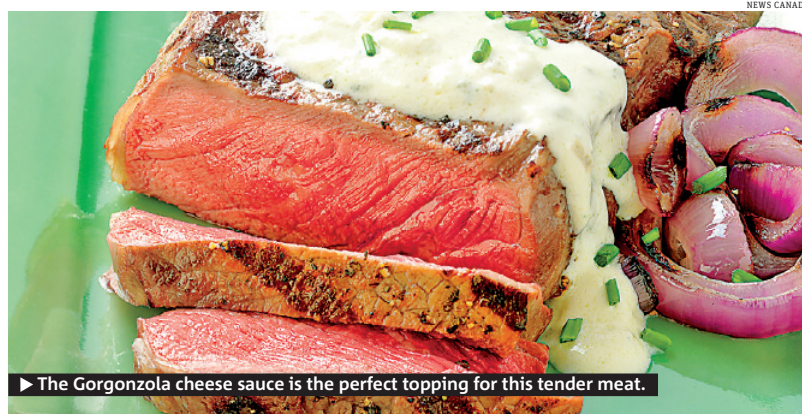
1 In a large glass baking dish combine the marinade ingredients. Whisk to dissolve the tomato paste. Submerge the steaks in the marinade. Cover and refrigerate for 2 to 4 hours. Prepare the grill for direct cooking over high heat (450° to 550°F).

2 Lift the steaks from the dish and pat dry with paper towels. Discard the marinade. Lightly brush the steaks with oil and season evenly with salt and pepper. Allow to stand at room temperature for 15 to 30 minutes before grilling. Meanwhile, make the sauce.

3 In a medium saucepan over medium heat, melt the butter. Add the shallot and cook until tender, about 2 minutes, stirring often. Mix in the sour cream and cheese and cook until the sauce begins to simmer and the cheese has melted, about 3 minutes, stirring occasionally. Remove from the heat, add ¼ tsp pepper, and cover to keep warm.

4 Brush the cooking grates clean. Grill the steaks over direct high heat, with the lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium rare, turning once or twice (if flare-ups occur, move steaks temporarily over indirect heat). Remove from the grill and let rest for 3 to 5 minutes. Serve warm with the sauce. Garnish with chives, if desired.

NEWS CANADA/ WEBER'S TIME TO GRILL BY JAMIE PURVANCE (OXMOOR HOUSE)



► The Gorgonzola cheese sauce is the perfect topping for this tender meat.



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Ingredients:

Marinade

- 2 cups beef broth
- 1 cup dry red wine
- 1 medium yellow onion, finely chopped
- 2 tablespoons tomato paste
- 4 New York strip steaks, each 10 to 12 ounces and about 1 inch thick, trimmed of excess fat
- Extra-virgin olive oil
- Kosher salt
- Ground black pepper

Sauce

- 1 tablespoon unsalted butter
- 2 tablespoons minced shallot
- 1 cup sour cream
- 4 ounces crumbled Gorgonzola cheese (1 cup)
- 1 tablespoon finely chopped fresh chives (optional)

THE ASSOCIATED PRESS/ MATTHEW MEAD



► This simple rice pilaf serves four.

Rice pilaf doesn't have to come from a box

► Make this simple dish using basmati rice, cranberries and almonds

Most people know rice pilaf as a side dish that comes from a box. But it can be so much more.

This speedy recipe for cranberry almond rice pilaf can be on the table in about 25 minutes.

Don't like almonds? Use chopped cashews or pistachios. Dried currants, cherries or golden raisins can sub in for cranberries.

And while we keep the seasonings simple with just a bit of cinnamon, cumin and black pepper, feel free to take this in any direction you like.

Preparation:

1 In saucepan over high heat, combine rice, orzo and broth. Bring to boil, cover, reduce heat to simmer and cook for 10 minutes. Once rice has cooked, quickly stir in cranberries, then cover and set aside for another 5 minutes, stirring occasionally.

2 While rice and cranberries sit off the heat, prepare the rest of the pilaf. In a large skillet over medium heat, melt butter. Add cinna-

mon, ground cumin and 1 ml (1/4 tsp) black pepper, then cook for 30 seconds. Add onion and sauté until it begins to soften, about 4 minutes. Add sliced almonds and grated carrots, then cook for another 2 minutes.

3 Add rice and cranberries to skillet; toss well. Season with salt and pepper, then mix in chopped scallions. Serve immediately.

THE ASSOCIATED PRESS

Ingredients:

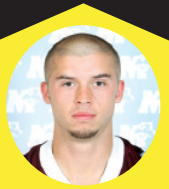
- 250 ml (1 cup) basmati rice
- 50 ml (1/4 cup) orzo pasta
- 675 ml (2 3/4 cups) chicken broth
- 75 ml (1/3 cup) dried cranberries
- 45 ml (3 tbsp) butter
- 2 ml (1/2 tsp) cinnamon
- 1 ml (1/4 tsp) cumin
- Ground black pepper
- 1 yellow onion, diced
- 75 ml (1/3 cup) almonds
- 125 ml (1/2 cup) carrots
- Salt, to taste
- 2 scallions, chopped

4
sports

Up and down

Mark Holden

The Saint Mary's Huskies defensive back has signed with the CFL's Calgary Stampeders. Holden, a Halifax native, is a two-time all-Canadian who had a conference-high six interceptions last season.



Steven Anthony

The Saint John Sea Dogs forward is listed as day-to-day with a lower-body injury heading into the Memorial Cup tomorrow in Mississauga, Ont. Anthony, from Halifax, has missed the past five games.



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MacAulay's scoring touch proves clutch

► Checker turned scorer en route to Memorial Cup ► Sea Dogs are pre-tournament favourites heading into weekend in Mississauga



MATTHEW WUEST
@METRONEWS.CA

Scoring goals is not part of Stephen MacAulay's job description.

On perhaps the most powerful team in QMJHL history, where every player has embraced his role as defined by head coach Gerard Gallant, the Saint John Sea Dogs left-winger's task is to check and check well.

But during Saint John's run to the President's Cup as QMJHL champions, MacAulay scored and scored often.

"I like to take care of my own end first and when there are chances, try to bear down and contribute," said the Cole Harbour native, who buried six goals in Saint John's final 13 games, second only to top-five NHL draft prospect Jonathan Huberdeau during that stretch.

"Getting those big goals, it feels great. You feel like you've done a lot to help the team."

The Sea Dogs are easily the favourites entering the Memorial Cup tomorrow. They finished with 58 wins and 119 points along with the third-best winning percentage (.875) in Canadian

Hockey League history.

MacAulay, whose prowess as a checker helped him get drafted in the sixth round (164th overall) by the St. Louis Blues last June, said President's Cup celebrations lasted just 12 hours before the team got back to work.

"We're proud of what we accomplished, but we have to get back on track and get focused in Mississauga," he said.

Only one QMJHL team has hoisted the Memorial Cup over the past decade, but it would be a fitting end to Saint John's near-perfect season.

"Hopefully we'll get it done in Mississauga and go down as one of the best in QMJHL history, and maybe in the CHL," he said. "It's one of the toughest championships to win in all of sports ... but I think the boys will be ready for it."

About Mem. Cup

Action begins tomorrow in Mississauga, Ont., with the Sea Dogs taking on the host St. Michael's Majors at 8 p.m. The tournament also includes the Owen Sound Attack (OHL) and Kootenay Ice (WHL).



► Stephen MacAulay is a checking-line forward for the Saint John Sea Dogs, but the Cole Harbour native has been scoring with proficiency lately.



► Shawn Turple in his old Chevy Impala. He's driving a new car this season.

Turple primed for tour opener

Don't be surprised to see Shawn Turple near the front of the pack — again — when another Maritime Pro Stock Tour season opens on Sunday at Scotia Speedworld.

The 32-year-old from Enfield has four consecutive top-three season finishes, including a tour victory in 2009, and will be behind the wheel of a new Chevy Impala at the Carquest

100. "We're still trying to get the kinks worked out," said Turple, who finished fifth in his new car at a Pro All-Star Series race last month in Scarborough, Maine.

"We switched (to a new car) to help me pick up a bit more speed and we're going to see if we can get a bit more out of it."

Turple expects a tough

test from defending champ Shawn Tucker — who edged him out by a mere 18 points last season — among more than a half-dozen other perennial contenders.

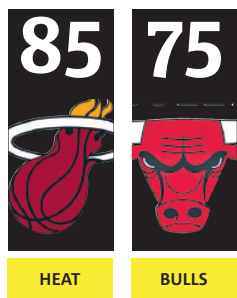
He's eager to get started. "They're expecting 27 cars and calling for sun," he said of Sunday's race. "I hope to go out and start the year with a good run."

● MATTHEW WUEST

SAINT JOHN SEA DOGS

RYAN TAPLIN/METRO

Heat head back to Miami with series tied



LeBron James came up big down the stretch and scored 29 points and Dwyane Wade added 24 as the Miami Heat beat the Chicago Bulls 85-75 last night to tie the Eastern Conference finals at one game apiece.

The Heat can breathe a little easier after escaping with a win and stealing home-court advantage. Coming off a lopsided loss in Game 1, they recovered down the stretch after blowing an 11-point lead to pull even in the series.

James shook off a brutal opener and scored nine points over the final 4:27, starting with a three-pointer that put Miami ahead for good, 76-73. He also had 10 rebounds, and Miami out-rebounded the Bulls 45-41 after getting pounded 45-41 on the glass in the opener.

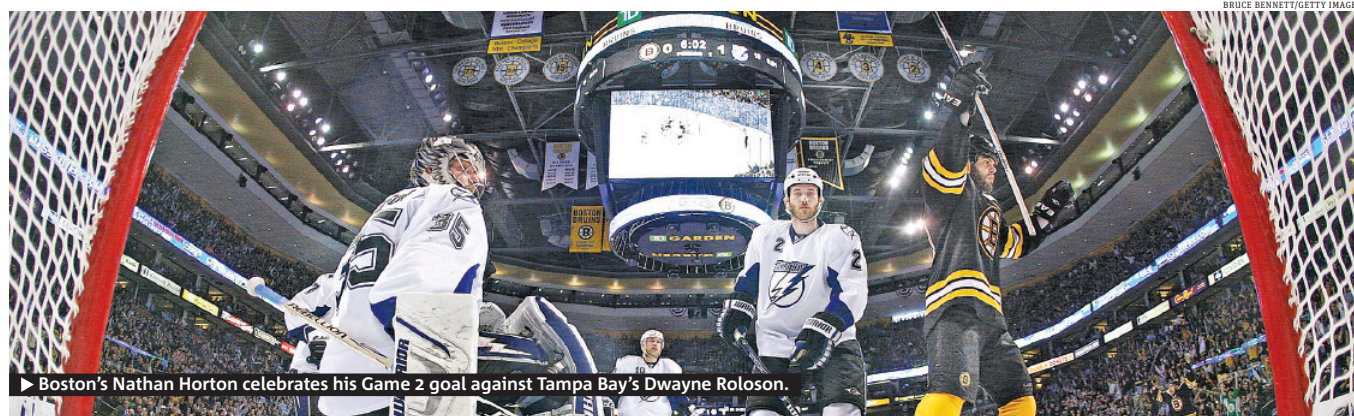
It was a big turnaround after he managed just 15 points on 5-for-15 shooting while being harassed by Luol Deng in Game 1.

Wade also looked more like a superstar after scoring 18 on Sunday. Udonis Haslem provided a spark off the bench with 13 points, and the Heat beat the Bulls for the first time this season even though Chris Bosh scored just 10 points after pouring in 30 in the opener.

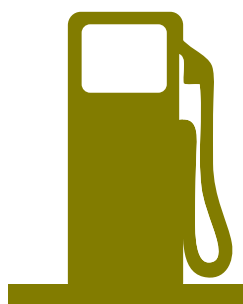
Derrick Rose led Chicago with 21 points but scored just two in the fourth quarter. Deng, the only other Bulls player in double figures, added 13 but had just four after the opening period.

The Bulls missed countless layups and got outshot 47.1 per cent to 34.1 per cent. They were just 3-of-20 on three-pointers and 16-of-26 at the foul line.

THE ASSOCIATED PRESS



► Boston's Nathan Horton celebrates his Game 2 goal against Tampa Bay's Dwayne Roloson.



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Poor play can't dim Tiger's star power

For his golf, Tiger Woods is about to fall out of the top 10 in the world for the first time in 14 years. For his star power, he still ranks ahead of any other athlete.

Woods, whose last win came 18 months ago at the Australian Masters, will drop to at least No. 11 in the next world ranking published Monday. It will be the first time he is out of the top 10 since he was No. 13 April 6, 1997, the week before he won the Masters for the first time.

Forbes, meanwhile, says he is still the No. 1 celebrity in the sports world.

Woods checks in at No. 6 on Forbes' annual "Celebrity 100" list of the most



► Tiger Woods

powerful people or groups in the entertainment business. Lady Gaga tops the overall rankings, followed by Oprah Winfrey, Justin Bieber, U2 and Elton John.

Miami Heat star LeBron James is the second-ranked athlete behind Woods at No. 10. Kobe Bryant of the Los Angeles Lakers is 14th.

Forbes estimated Woods' total earnings last year to be \$75 million US, making him the highest-paid athlete. The magazine put Bryant's earnings for the last 12 months at \$53 million, followed by James at \$48 million and four-time major winner Phil Mickelson at \$47 million.

Woods started the year at No. 2 and has been steadily dropping points. He tied for fourth at the Masters last month, but withdrew from The Players Championship last week because of injuries. He said on his website Monday that he will try to return in June for the U.S. Open.

THE ASSOCIATED PRESS

Breaking through the wall

► Top goalies in Boston and Tampa Bay have looked ordinary in East final

Boston and Tampa Bay have played a pair of surprisingly high-scoring games and the trend might continue the way the Eastern Conference final is going.

The series is tied 1-1 and the teams have combined for 18 goals.

That kind of offence seemed unlikely heading into the matchup featuring the top two playoff goalies this season. Tampa Bay's Dwayne Roloson and Boston's Tim Thomas both allowed an average of two goals per game through the opening two playoff rounds.

"They're all-star players, and they're players that are top-notch players in the league," Roloson said yesterday.

"The guys we have on our team and the guys they have on their team, there's going to be times when you can't contain them. They're gifted players, so they're going to take advantage of the chances that they get."

Lightning centre Steven Stamkos agrees.

"You got two teams that know how to score goals," he said. "I think both teams would agree that it was, some of the goals you'd like to have back as a team, and by no means was there real-

Unlikely snipers

If scoring continues to come from unexpected players, the big numbers will continue for both the Bruins and the Lightning in Game 3 in Tampa tonight.

► Boston rookie Tyler Seguin has three goals and three assists in the series. The No. 2 pick in last year's draft didn't play in Boston's first two series.

► Lightning third-liner Sean Bergenheim has eight goals in 13 playoff games, after scoring only 14 in 80 regular-season games.

ly any fault on the goal-tenders."

Still, Roloson made a number of outstanding saves during Tampa Bay's Game 1 victory, while Thomas came up big late in Boston's 6-5 win in the second game Tuesday night.

"I saw him in the third, the last five, six minutes we had a lot of grade-A chances," Lightning captain Vincent Lecavalier said of Thomas. "He gave them the win there the last five minutes. We really felt we would tie it up, and we were getting our chances, but he made some huge saves."

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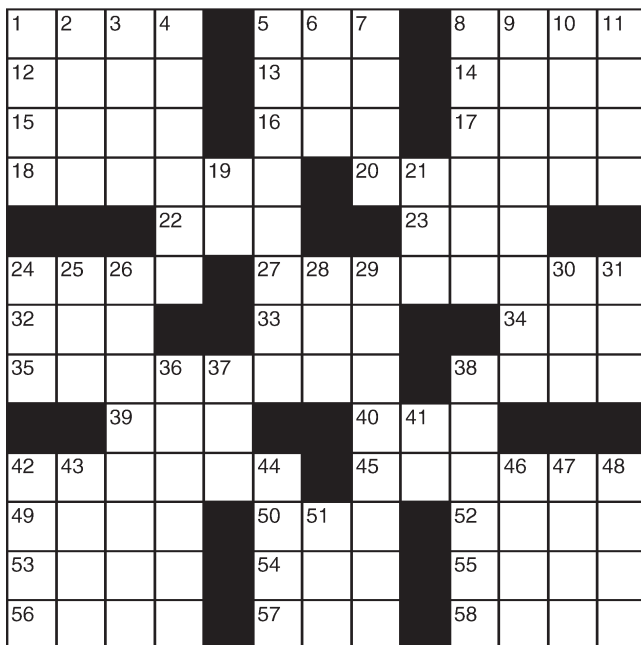
Crossword

Across

- 1 Door handle
- 5 Pigeon's remark
- 8 Wound cover
- 12 Modern-day money
- 13 That guy
- 14 Collins or Donahue
- 15 First place
- 16 "The Greatest"
- 17 Stow cargo
- 18 Landlord
- 20 In layers
- 22 Blackbird
- 23 Shell game need
- 24 Start of the XIIIth century
- 27 Backed, as a motion
- 32 Cheery word?
- 33 — jongg
- 34 Gabor or Longoria
- 35 Severe injuries
- 38 Worked with
- 39 Genetic matter
- 40 Decay
- 42 Puts up
- 45 Reactions to a pun
- 49 Lotion additive
- 50 Shelter
- 52 — moss
- 53 Picnic invaders
- 54 Bobby of hockey
- 55 Greek vowel
- 56 Glas-wegian gal
- 57 Petrol
- 58 Unsigned (Abbr.)

Down

- 1 Ship's spine
- 2 Undressed
- 3 Raw rocks
- 4 Dwarfed potted plant
- 5 Special appeal

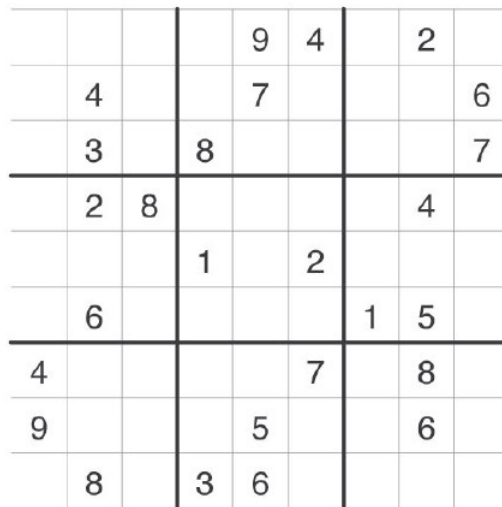


- 6 Lubricant
- 7 Skip over
- 8 Ill will
- 9 Party game
- 10 Staffer
- 11 Evidenced a pinprick
- 19 Operating
- 21 Wall St. debut
- 24 "The A-Team" actor
- 25 Auto
- 26 "— of Fire"
- 28 Consume
- 29 San Diego squad
- 30 First lady?
- 31 Old man
- 36 If not
- 37 Crazy
- 38 Perfect place
- 41 Otherwise
- 42 False god
- 43 Arm bone
- 44 Trudge (through)
- 46 Very long time
- 47 Peacekeeping org.
- 48 Ollie's partner
- 51 Historic period

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

5	9	3	8	7	6	1	2	4
7	2	6	1	4	3	8	5	9
1	8	4	2	5	9	7	3	6
8	6	2	7	3	1	9	4	5
3	1	9	4	2	5	6	7	8
4	5	7	9	6	8	3	1	2
9	3	5	6	1	2	4	8	7
2	7	8	3	9	4	5	6	1
6	4	1	5	8	7	2	9	3

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Your Majesty, You make me swoon when you wink at me. I enjoy our secrets, lets make some more. Can't wait to bake again, it will be sweet and delicious, like kiwi. XOX BFFWB

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Today's horoscope

♈ Aries March 21-April 20 You can't stand people who enjoy making drama out of a crisis. Stay calm.
♉ Taurus April 21-May 21 If there's something you need to do, get on with it now.
♊ Gemini May 22-June 21 Look ahead and think of ways you can turn the tables on those who have given you a hard time in recent weeks. Don't be nasty though.
♋ Cancer June 22-July 22 You'll take the opposing view to what everyone believes today. Have your reasons ready so you can explain.

♌ Leo July 23-Aug. 23 The pressure is piling up but as a Leo, you're strong enough to take it.
♍ Virgo Aug. 24- Sept. 22 A friend will say something about you today that is less than flattering. Find out why he or she said it.
♎ Libra Sept. 23-Oct. 23 This may be a frustrating time, but cheer up. You've got so much to look forward to.
♏ Scorpio Oct. 24-Nov. 22 If someone gets the impression you are easily manipulated, he or she may try to cheat you later on.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 Today, you'll become convinced it's time to give up on something that clearly isn't doing you much good.
♑ Capricorn Dec. 22-Jan. 20 Over the next 24 hours your default position should be that everyone is lying. Can't be too careful.
♒ Aquarius Jan. 21-Feb. 18 You will have to put a project on hold today. Come back to it later.
♓ Pisces Feb. 19-March 20 Make sure you relax and replenish your energy. The next few days will be busy. **SALLY BROMPTON**

Caption contest



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